

# **P**ROBLEM SOLVING THE SHOULDER **2 – day course**

**The course incorporates lectures and practical encouraging clinical reasoning in diagnosis and management of shoulder dysfunction, understanding the role of physiotherapy as well as surgical treatment**

## **Anju Jaggi, MSc MCSP**

### ***Clinical Physiotherapy Specialist, Royal National Orthopaedic Hospital Trust (UK)***

Anju qualified from the University of East London in 1992 with a BSc (Hons) Physiotherapy. She started at the RNOHT Stanmore in 1996 as a Senior 11 and developed an interest in Upper Limb & Peripheral Nerve Injuries. For the last 12 years she has been working closely with Mr. Ian Bayley & Mr Simon Lambert, Senior Orthopaedic Consultants specialising in the Shoulder & Elbow. The unit is well known both nationally and internationally for its work in complex shoulder instability and complex arthroplasty. Over the 12 years Anju has gained expert knowledge within the field of shoulder management in particular the management of muscle patterning instability. She has presented both nationally & internationally and has recently published a pilot study looking at the sensitivity & specificity of surface electromyography in diagnosing abnormal muscle patterns in shoulder instability. She is an active member of the British Elbow & Shoulder Society (BESS) and is a board member of the newly formed European Society of Elbow & Shoulder Rehabilitation (EUSSER).

### **Aim/Objectives**

- To understand the various pathologies related to the shoulder girdle.
- To become competent in assessment of the shoulder girdle, understanding and interpreting tests as appropriate.
- Understand the role of physiotherapy versus surgical management in relation to different pathologies.
- Develop treatment programmes for rehabilitation of the shoulder girdle from end to late stages.

**Venue:                   Physiotherapy Department  
Bedford Hospital NHS Trust  
Gilbert Hitchcock House  
Kimbolton Road  
Bedford  
MK40 2AN**

**Date:           SAT 24<sup>TH</sup> APRIL & SUN 25<sup>TH</sup> APRIL 2010**

**Attached:           Programme  
Directions  
Application form**

## **PROBLEM SOLVING THE SHOULDER**

**2-Day course**

**PHYSIOTHERAPY DEPARTMENT  
GILBERT HITCHCOCK HOUSE BEDFORD HOSPITAL**

**SATURDAY 24<sup>TH</sup> & SUNDAY 25<sup>TH</sup> APRIL 2010**

### **PROGRAMME**

**Day one: Concentrates on the aetiology and management of rotator cuff disease, assessment & making sense of tests. Rotator cuff rehab, the stiff shoulder and the role of arthroplasty in the aging shoulder**

8.45 Registration

9.00 Rotator Cuff Insufficiency – Current theories

10.45 Coffee

11.00 Examination of the Shoulder- Making sense of Tests!

12.00 Frozen Shoulder

12.30 Lunch

1.30 Examination Cont

Mobilisation techniques – Acc glides/Posterior capsular stretch

Cuff strengthening and treatment options

- Passive/Active assisted/Resistive
- Eccentric Anterior Deltoid
- Capsular stretching/Accessories
- CKC - proprioception

3.00 Tea Break

3.15 Problem Solving Contd

3.45 Role of Arthroplasty

4.30-5.00 Close

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**Day two: Focuses on the classification and management of shoulder instability, assessment and the role of the kinetic chain, recognizing abnormal muscle patterning. Internal impingement in the throwing athlete. Scapula stability, tape and taking rehab to end stage.**

- 9:00 Re-cap/problems/queries
- 9:15 Biomechanics of Instability
- 9:45 Classification of Instability
- 10:45 Coffee
- 11.00 Management of Muscle Patterning
- 11.45 Instability Tests/ Assessment / Movement Analysis
- 12:30 Lunch
- 1.30 Practical Assessment continued
- 2:00 Internal impingement and the role of the kinetic chain
- 2.45 Coffee
- 3:00 Patient Demonstration
- Treatment Ideas
- Scapula Stability
  - Incorporating the Kinetic Chain
  - Proprioception
  - Biofeedback
  - Taping
- 4:30 Close

**Hands on course please bring suitable dress with you**

**Directions GILBERT HITCHCOCK HOUSE**

Please note this is on the NORTH WING site of the hospital and not the main South Wing site.

**BY CAR**

Gilbert Hitchcock house is situated on the Kimbolton Road.

There is a pay and display car park directly outside the building.

Alternatively you can park in some of the nearby roads for free (please check carefully as some roads are pay and display and have time limits).

**BUS SERVICES**

Gilbert Hitchcock House is approximately a 20 minute walk from the main bus station in the centre of Bedford.

**BY TRAIN**

Midland Mainline and First Capital Connect trains come in to Bedford Station (Midland Road) which is approximately a 25 minute walk to Gilbert Hitchcock House or a short taxi ride.

**For Sat Nav directions MK40 2AW**

**For Google maps MK40 2AN**

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**APPLICATION FORM**

**Name:**

(Please print your name as you wish it to be shown on your certificate)

**Address for correspondence:**

**Contact No:** Home :  
Work :  
Mobile :

**E-mail address :**

**Place of work :**

**Grade :**

**Area of work :**

**Apply to :** Irene Wellman, Welbeing CPD Ltd,  
North View, Church Road, Bulphan  
RM14 3RU  
Tel: 08453 70 22 70 or  
E-mail: [enquiries@welbeing-cpd.co.uk](mailto:enquiries@welbeing-cpd.co.uk)

**Fee :** Rate: £225.00 per person inclusive of VAT  
(cheques payable to **Welbeing CPD Ltd**)  
Credit/Debit card booking available now.  
Online or Phone  
[www.welbeing-cpd.co.uk](http://www.welbeing-cpd.co.uk)



**Included in fee:** Course notes  
Certificates to assist with your CPD  
Refreshments

## **Welbeing CPD Limited**

\*Cancellation Policy – In the event of an applicant cancelling, a refund will not be possible unless the course organiser is able to find a replacement. If a replacement is found, a charge of £50.00 will be made for administration costs.